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INSURE YOUR NUTRITION

Broadcast by Ruth Van Deman, Bureau of Human Nutrition and Home Economics, and Wallace Kadderly, Radio Service, in the Department of Agriculture's portion of the National Farm and Home Hour, Thursday, March 11, 1943, over stations associated with the Blue Network.

U. S. Department of Agriculture

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WALLACE KADDERLY: And now, Ruth Van Deman, with some pointers on how to maintain good nutrition in the face of wartime food shortages and necessary changes from our peacetime eating habits.

RUTH VAN DEMAN: I'm glad you said some pointers, Wallace. Nutrition is a big subject to bite off for one broadcast. Add to that a food supply situation that changes constantly, and you have something designed to stump the experts.

KADDERLY: What do the experts say about the daily food guide that you've mentioned so often--that eat-this-way-every-day plan that we've been following for the last 2 years?

VAN DEMAN: They say "Hold fast to it, wherever food supplies permit. Modify it when you must for the duration. But never lose sight of the fact that a daily guide to a well-balanced diet is the surest way to insure good nutrition."

KADDERLY: What about milk at the head of the list--a pint or more a day for adults ...a quart for mothers and children? Do the nutrition experts still advise that?

VAN DEMAN: Yes. Milk is so outstanding for its calcium and certain vitamins that there's no satisfactory alternate for it. But of course there's more than one way to get the food value of milk. Some people get nearly all of theirs as fresh milk. They drink it. Others get part of theirs as dried milk, evaporated milk, condensed milk, or in the form of cheese. You know, a third of a pound of cheese has about the same food value as a quart of milk.

KADDERLY: What you're saying is that it doesn't matter so much in what form you take your milk. The important thing to remember is that milk is essential in the diet.

VAN DEMAN: That's right.

KADDERLY: Ruth, you've touched on something it seems to me every wartime meal planner needs to keep constantly in mind. The same food is often available in different forms. One form may be scarce. Or you may prefer another form. Or one may be more economical.

VAN DEMAN: As far as giving the body the food values it needs for good nutrition, oftentimes one form of a food is just as effective as another.Now let's move on to the vegetables and fruits in the daily food guide. First come citrus fruits, tomatoes, green cabbage, and raw salad greens...grouped together because of the vitamin C they furnish.

KADDERLY: We ought to be able to get one serving a day out of those four...citrus fruit, tomatoes, green cabbage, raw salad greens. That's the rule, isn't it, one serving a day?

VAN DEMAN: At least one...two are safer. The body can't store vitamin C, you know. We have to eat a fresh supply every day. Yes, we can meet our vitamin C

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quota if we don't go on wasting a lot of vitamin-C-rich foods. For instance, slicing up lemons and using them just as a garnish. That's woeful waste when you think how much vitamin C there is in even a squeeze of lemon juice...and how much vitamin C that would add to the smaller glasses of tomato juice we're scaling down to under point rationing.

KADDERLY: Then you'd say double where you can in vitamin C for safety's sake.

VAN DEMAN: Yes, and double in vitamin A from green and yellow vegetables whenever possible. In recent years we've been getting about a third of our vitamin A from leafy green and yellow vegetables. Now, by growing and eating more of these vitamin-A-rich kinds, we can make even better use of these plant sources to safeguard nutrition.

KADDERLY: In other words, follow the vitamin chart when we're a-planting and a-planning Victory Gardens.

VAN DEMAN: Yes, and maybe use some wild greens before the Victory Gardens get to the growing and eating stage. I saw women the other day digging dandelions in the park here in Washington right under the shadow of the Washington Monument.

KADDERLY: Does that rule, the thinner and greener the leaf, the more vitamin A, apply to dandelions, Ruth?

VAN DEMAN: I'm sure it does. But don't ask me what nutritional virtue lies in the bitter flavor.

KADDERLY: Well, there's no telling what science may discover.

VAN DEMAN: Maybe. But let's skip on down the food guide to the meat, poultry, eggs, fish, dried beans and peas...the protein group...the group where supplies are so limited we've got to alternate one for the other, and be careful not to double.

KADDERLY: If we have only one serving a day out of this protein group we're safe nutritionally, aren't we?

VAN DEMAN: Nutritionally, yes. From the standpoint of what most of us like to eat, no. We like the taste of protein foods so well that we've been rather extravagant with them in this country. Now for the duration it's up to us to learn the art and the science of spreadin out our protein foods.

KADDERLY: A little meat with many vegetables, say.

VAN DEMAN: Or a little meat or eggs or fish with lots of cereal. Up to now we've drawn a good deal of our food energy, our calories, from protein foods. Cereals are a cheaper source of calories, and we have plenty of cereals. So we've got to lean more and more heavily on the cereals to see us through this wartime food situation.

KADDERLY: That would mean the whole-grain and "enriched" cereal products, of course.

VAN DEMAN: Yes, they have more of what nature put into the grain, more of the minerals and the vitamins, than the refined flours and cereals do. By all means we should put the emphasis on whole grain or "enriched" bread and cereals to help insure nutrition.

And just a word on fats. They're on the scarce list, too. They always are in wartime. So again we've got to do a spreading-out job...keep from doubling in fat-rich foods in the day's meals.

KADDERLY: Butter and margarine and table fats are not the only fat foods, of course.

VAN DEMAN: No. We need to count the fat in meat and fish and poultry, the fat in nuts, the fat in avocados, fat wherever we find it. All these fats help to give our food rich, satisfying flavor and a stick-to-the-ribs quality. I don't know whether that nursery rhyme about the Spratt family was written in wartime or not. But, anyway, we need to lick the platter clean of fat! and everything else.

Well, those are a few of the pointers on how to stay well-nourished in wartime. The rest we'll have to leave for another day.

KADDERLY: This is a subject, Ruth, we'll be expecting you to round up for us every so often.

But for those who want to go into the subject a little deeper on their own account, how about offering the leaflet called "Vitamins from Farm to You."

VAN DEMAN: By all means. That leaflet contains a good vitamin chart.

KADDERLY: All right, then, Farm and Home friends, to get the vitamin chart, send a card to the Bureau of Human Nutrition and Home Economics, United States Department of Agriculture, Washington, D. C. Just ask for the vitamin chart.

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